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Facts: Chronic Disease

According to the CDC: Six in 10 adults in the US have a chronic disease and 4 in ten adults have two or more. The risk factors can be controlled and are attributed to lifestyle.

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.3 trillion in annual health care costs.

Most chronic diseases are caused by a short list of risk behaviors that can be modified:

- Tobacco use and exposure to secondhand smoke.
 - Cigarette smoking is the leading cause of preventable death and disease in the United States. More than 16 million Americans have at least one disease caused by smoking. This amounts to \$170 billion in direct medical costs that could be saved every year if we could prevent youth from starting to smoke and help every person who smokes quit.¹²
- Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.
- Lack of physical activity.
 - Not getting enough physical activity comes with high health and financial costs. It can lead to heart disease, type 2 diabetes, some cancers, and obesity. In addition, lack of physical activity costs the nation \$117 billion annually for related health care.¹³
- Excessive alcohol use.
 - Excessive alcohol use is responsible for 88,000 deaths in the United States each year, including 1 in 10 deaths among working-age adults.^{14,15} In 2010, excessive alcohol use cost the US economy \$249 billion, or \$2.05 a drink, and \$2 of every \$5 of these costs were paid by the public. Binge drinking is responsible for over half the deaths and three-quarters of the costs due to excessive alcohol use.¹⁶

<https://www.cdc.gov/chronicdisease/about/index.htm>

90% of the nation's \$3.3 trillion in annual health care expenditures are for people with chronic and mental health conditions.

Heart Disease and Stroke

- Nothing kills more Americans than heart disease and stroke. More than 810,000 Americans die of heart disease or stroke every year—that's one-third of all deaths. These

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diseases take an economic toll, as well, costing our health care system \$190 billion per year and causing \$126 billion in lost productivity on the job.³

Cancer

- Each year in the United States, more than 1.7 million people are diagnosed with cancer, and almost 600,000 die from it, making it the second leading cause of death. The cost of cancer care continues to rise and is expected to reach almost \$174 billion by 2020.”⁴

Diabetes

- More than 29 million Americans have diabetes, and another 86 million adults in the United States have a condition called prediabetes, which puts them at risk for type 2 diabetes. Diabetes can cause heart disease, kidney failure, and blindness, and costs the US health care system and employers \$245 billion every year.⁵

Obesity

- Obesity affects almost 1 in 5 children and 1 in 3 adults, putting people at risk for chronic diseases such as diabetes, heart disease, and some cancers. Over a quarter of all Americans 17 to 24 years are too heavy to join the military. Obesity costs the US health care system \$147 billion a year.⁶

Arthritis

- Arthritis affects 54.4 million adults in the United States, which is more than 1 in 4 adults. It is a leading cause of work disability in the United States, one of the most common chronic conditions, and a common cause of chronic pain. The total cost of arthritis and related conditions was about \$304 billion in 2013. Of this amount, nearly \$140 billion was for direct medical costs and \$164 billion was for indirect costs associated with lost earnings.⁷

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<https://www.cdc.gov/chronicdisease/about/costs/index.htm>

Recommendations by the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

- Quit Smoking
- Eat Healthy
- Get Regular Physical Activity
- Get Screened
- Get Enough Sleep
- Know Your Family History
- Make Healthy Choices in School, at Work and in the Community

<https://www.cdc.gov/chronicdisease/about/prevent/index.htm>

Functional Medicine: A Better Solution for Chronic Disease

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Testimony of Dr. Mark Hyman, MD to the United States Senate

Effective Health Care Reform: Addressing the Drivers of Costs and Chronic Disease

- • The current medical and scientific paradigm of acute care medicine has been unable to effectively address the epidemic of chronic disease and its associated costs.
- • There is a new paradigm which addresses the fundamental underlying causes of chronic disease, and can form the basis for a more effective model of medical education, practice, and research that over time will generate dramatic cost savings.
- • There are specific initiatives and strategies based on this new paradigm that can help transform our sick care system into a health care system.

The Right Solution for the Problem of Chronic Disease

- • This new paradigm is personalized, preventive, participatory, predictive, and patient centered. It is proactive rather than reactive. It is based on addressing the causes of disease and optimizing biologic function in the body's core physiologic systems, not only treating the symptoms.
- • It based on systems biology or medicine. That model exists today, and is called *Functional Medicine*.
- • Functional medicine is a system of personalized care, a **new “operating system”** that directly addresses **how environment and lifestyle influence our genes to create imbalances in our core biologic systems that, over time, manifest as disease**. It is this kind of medicine that is needed to create real successes in 21st century medicine.
- • Even if we get everything else right in health care reform, it won't matter unless we address the underlying causes of illness that drive both costs and the development of chronic disease.

https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=13&ved=2ahUKEwiugbPio-veAhXhYN8KHewHBoYQFjAMegQIAXAC&url=https%3A%2F%2Fwww.help.senate.gov%2Fimo%2Fmedia%2Fdoc%2FHyman.pdf&usg=AOvVaw1Mdcrskj2N01w7_57srgpq

Facts: Autoimmune Disease is a major health problem according to the American Autoimmune Related Diseases Association and the National Institutes of Health

- NIH estimates up to 23.5 million Americans* have an autoimmune disease (AD). In comparison, cancer affects up to 9 million and heart disease up to 22 million.
- Autoimmune disease is one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of According to the Department of Health and

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Human Services' Office of Women's Health, autoimmune disease and disorders ranked #1 in a top ten list of most popular health topics requested by callers to the National Women's Health Information Center. age.

- NIH estimates annual direct health care costs for AD to be in the range of \$100 billion (source: NIH presentation by Dr. Fauci, NIAID). In comparison, cancers costs are \$57 billion (source: NIH, ACS), and heart and stroke costs are \$200 billion (source: NIH, AHA).
- The NIH Autoimmune Diseases Research Plan states; "Research discoveries of the last decade have made autoimmune research one of the most promising areas of new discovery."

Facts: According to the American Thyroid Association: More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime.

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- Women are five to eight times more likely than men to have thyroid problems.
- One woman in eight will develop a thyroid disorder during her lifetime.
- Most thyroid cancers respond to treatment, although a small percentage can be very aggressive.
- The causes of thyroid problems are largely unknown.
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.
- Pregnant women with undiagnosed or inadequately treated hypothyroidism have an increased risk of miscarriage, preterm delivery, and severe developmental problems in their children.
- Most thyroid diseases are life-long conditions that can be managed with medical attention.

Facts: According to Health.gov The Current Eating Patterns in the United States Needs to be Shifted to Align with Health Eating Patterns

The typical eating patterns currently consumed by many in the United States do not align with the *Dietary Guidelines*.

- About three-fourths of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils.

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- More than half of the population is meeting or exceeding total grain and total protein foods recommendations, but, as discussed later in the chapter, are not meeting the recommendations for the subgroups within each of these food groups.
- Most Americans exceed the recommendations for added sugars, saturated fats, and sodium.

In addition, the eating patterns of many are too high in calories. Calorie intake over time, in comparison to calorie needs, is best evaluated by measuring body weight status. The high percentage of the population that is overweight or obese suggests that many in the United States overconsume calories. More than two-thirds of all adults and nearly one-third of all children and youth in the United States are either overweight or obese.

<https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>

Facts: CDC's Second Nutrition Report

The *Second Nutrition Report* found less than 10% of the U.S. population had nutrition deficiencies for selected indicators. However, for most nutrition indicators, deficiencies varied by age, gender, or race/ ethnicity and could be as high as nearly one third of certain population groups. For example, non-Hispanic black (31%) and Mexican-American (12%) people were more likely to be vitamin D deficient compared to non- Hispanic white people (3%).

- Percent of People with Nutritional Deficiencies
- Vitamin B6 10.5%
- Iron 9.5 %
- Vitamin D 8.1 %
- Vitamin C 6%
- Vitamin B12 2%
- Vitamin A, E and Folate < 1%